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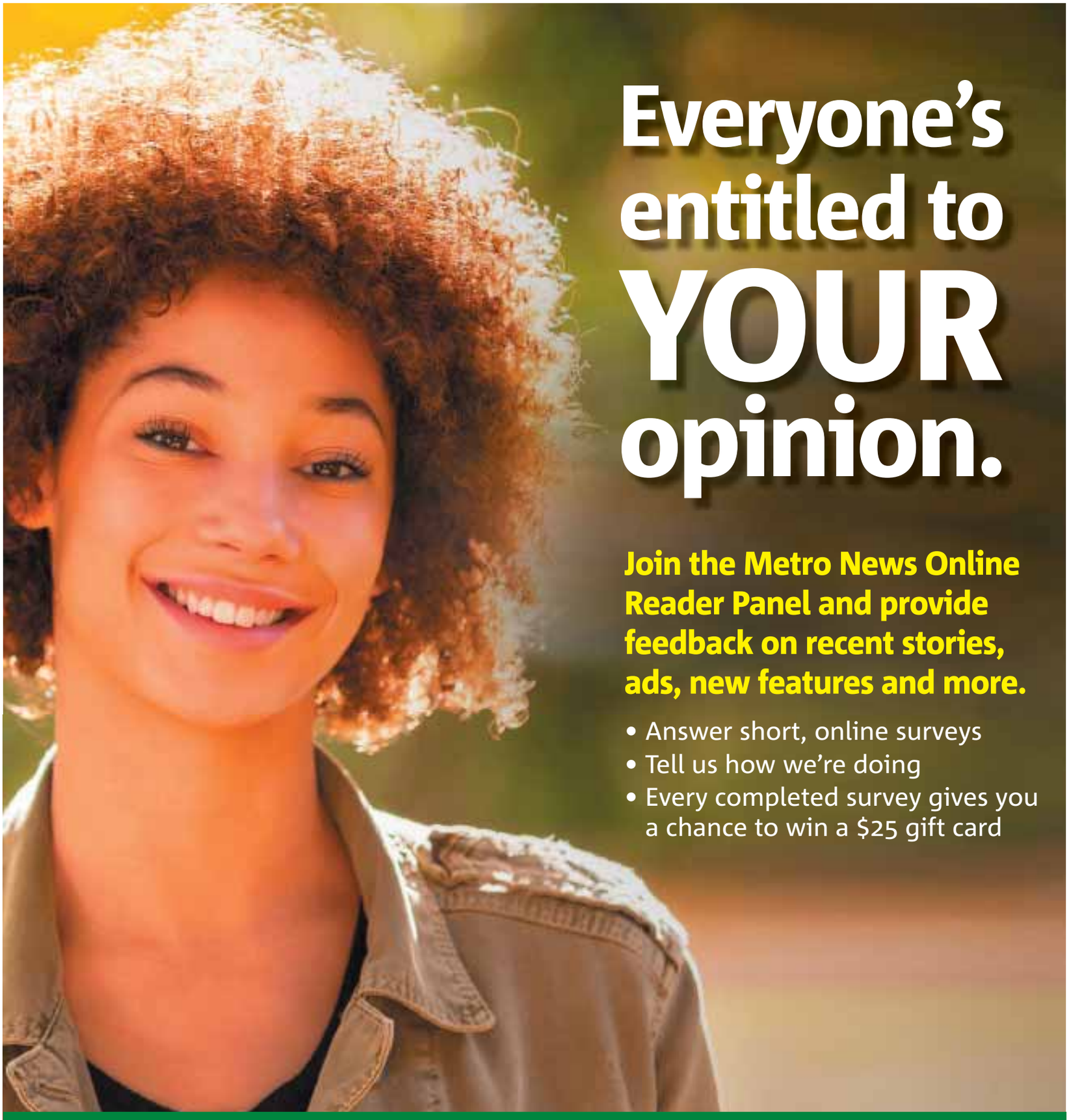
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PAGE 5

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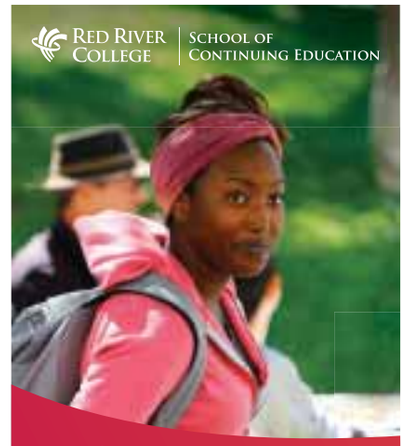

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METROTALKS

Conversations with Canadian leaders

Thomas Mulcair

ON JUSTIN TRUDEAU

"Trudeau's priority is Justin Trudeau."

ON HARPER ON ISLAM

"It's beneath contempt."

INSIDE, PAGES 6 & 7

PLUS COMMENT ON PAGE 10

OUR CITIES

'Toronto is Canada's most important city'

JESSICA SMITH CROSS

jessica.smithcross@metronews.ca

Thomas Mulcair, a Montrealer, isn't afraid to say that Toronto is Canada's most important city.

In an interview with Metro's editorial board on Monday, the NDP leader spoke about his cross-Canada urban strategy that recognizes the importance of Canada's major cities to the country and its economy — Toronto above all.

"I make no bones about the fact that Toronto is Canada's most important city. That's a simple statement for me to make," said Mulcair. "It's a simple fact. Toronto is Canada's most important city. It's the key driver of our economy as Toronto goes, so will go the rest of our economy."

He recited a litany of facts to support that: The Greater Toronto Area has more than six million people, Toronto contributes 20 per cent of Canada's GDP, and along with Montreal and Vancouver, the country's three biggest metropolitan areas make up just over half of Canada's population.

Mulcair said residents of Canada's other cities shouldn't take his Toronto appreciation badly, because it's part of a larger urban plan that recognizes the importance of all of Canada's cities.

"When we're talking about transit I'm not excluding Calgary, Edmonton, Vancouver or Montreal, I'm saying every city in this country deserves to have a modern transit system, which we don't have," he said.

To support Toronto — and the county's other major cities — Mulcair said an NDP government would work with provincial and civic leaders to support affordable housing, devote one extra cent of the gas tax to major cities' transit and create new childcare space.

In Toronto, that means 164,000 new GTA daycare spots over eight years; about $90 million a year for transit; and a commitment to help fund the massive social housing repair backlog.

Before coming to Metro's newsroom, Mulcair spent a half-hour in Toronto Mayor John Tory's office Monday afternoon discussing those issues.

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Downtown Winnipeg BIZ boosts clean team

Sanitation. Increased city funding means more equipment, staff to tidy up the core

SHANE GIBSON
shane.gibson@metronews.ca

Downtown Winnipeg BIZ is adding more staff and more equipment to its fight against litter, graffiti and grime in the city's core.

And it's a fight it's winning, according to Ari Driver, the BIZ's placemaking and cleanliness committee chair.

"Downtown is becoming more and more livable … (and) it is our work in keeping downtown clean and green — with the help of our Metro Enviro-Team — that is ensuring downtown is becoming a more inviting, welcoming, alluring and visually attractive place," she said during a speech outlining survey results that show the public's perception of downtown cleanliness has risen steadily from 63 per cent to 86 per cent since 2004.

But those positive survey results don't mean the fight is over, said Driver.

She noted that the BIZ hopes to increase the number of sidewalks it cleans and add more bus shelters to its daily list to be pressure-washed in 2015.

That's on top of the team's other chores including picking up cigarette butts, removing graffiti, clearing snow and ice, and taking down old posters from hydro poles.

To get it done, the agency's Metro Enviro-Team, which is sponsored by Metro Winnipeg, will see two additional staff members on the streets this summer over the 20 they had last year and the BIZ also hopes to install eight new cigarette-butt receptacles downtown.

Mayor Brian Bowman praised the Metro Enviro-Team's work and said the boosts to the team come in part from a $360,000 increase to the BIZ's funding proposed in the upcoming budget.

Follow Shane Gibson on Twitter @tsgibson

By the numbers

- **4,289** — number of graffiti tags removed in 2014.
- **4,530** — number of posters removed from hydro poles last year.
- **125** — number of cigarette butts picked up on each block of downtown Winnipeg daily.

Downtown Winnipeg BIZ plans on adding additional Metro Enviro-Team members to its staff to clean downtown Winnipeg this summer. SHANE GIBSON/METRO

Ikea applying for liquor licence

Care for some beer to wash down those meatballs?

The Liquor and Gaming Authority of Manitoba (LGA) confirmed Monday that furniture retailer Ikea has applied for a liquor licence.

A spokesperson for Ikea told media many of their stores in other Canadian cities already serve beer or wine at their restaurants.

No word on whether the chain would serve local brews or import beer and wine from Sweden, like the rest of their food.

The LGA said those who oppose the retailer's application for a licence have until March 24 to object in writing. After that deadline, it could take up to six weeks for the licence to be approved.

Only one other retailer serves alcohol in its in-store restaurants in the province, and that's McNally Robinson, which sells alcohol in its Prairie Ink Restaurant and Bakery. METRO

Everyone wants a piece of Clarkson

Pop superstar Kelly Clarkson announced additional dates Monday for her Piece by Piece tour, and one of those is Oct. 7 at MTS Centre. Tickets go on sale Friday at 10 a.m. at Ticketmaster. GETTY IMAGES

Allard takes on Orlikow in underpass funding battle

Marion or Waverley?
Council to set spending priorities as both councillors contest destination of money

COLIN FAST
winnipeg@metronews.ca

Winnipeg's 2015 budget is pitting St. Boniface against River Heights and Linden Woods, according to St. Boniface councillor Matt Allard.

At Monday's public works and infrastructure committee meeting, Allard said $5.2 million designated for an underpass project at the intersection of Marion Street and Archibald Street has been removed from this year's budget, and he's worried the money will go to a competing underpass on Waverley Street instead.

"This may be the biggest secret cut in the 2015 budget," said Allard, who said he had not been consulted on the change. "We all know the expression 'robbing Peter to pay Paul,' and I'm concerned we're robbing Marion to pay for Waverley," he said.

Allard pointed out $1.25 million has already been spent on public consultations for the Marion project, and the additional $5.2 million is needed to develop a formal design. The final price tag for the underpass could be $250 million. But Coun. John Orlikow, whose River Heights — West Fort Garry ward includes the proposed Waverley underpass, said Allard's worries are misguided.

"The money hasn't gone anywhere," said Orlikow, who recently revived a public campaign to get the Waverley underpass built. "The province and federal government have asked us to prioritize the projects. This is a much more fair and open process."

Orlikow said a council seminar on the issue will be held soon.

Coun. Matt Allard expressed concern that money meant for the Marion underpass project instead might go to the Waverley underpass project. COLIN FAST/METRO

Big demands, little change at public works budget review

They came, they asked, and they mostly went home empty-handed.

During a marathon nine-hour public works and infrastructure committee meeting on Monday, more than a dozen councillors and interest groups appeared to provide their feedback on the 2015 city budget.

The Green Action Centre talked about the need for curbside composting, and Functional Transit Winnipeg urged councillors to buy more buses instead of building rapid transit. Take Pride Winnipeg asked for additional funding, CUPE argued against service cuts, and Bike Winnipeg spoke in favour of building more active transportation paths.

Even former councillor Harvey Smith made an appearance, voicing his opposition to a plan to pay for part of the next phase of the southwest transit corridor by increasing bus fares by a nickel. The biggest proposal of the day came from Transcona councillor Russ Wyatt, who suggested the city borrow $100 million to pay for a variety of infrastructure improvements. Wyatt said the new debt could be serviced with $6.5 million in efficiencies identified in the draft budget.

"Our constituents want to see things happen, and they want to see them happen now," said Wyatt, who decried the current state of the city's roads.

In the end, the only major change recommended by the public works committee was to reverse a plan to save $700,000 by eliminating the summer and fall street cleaning programs. Committee chairwoman Janice Lukes said water and waste officials have told her cutting these programs could put homes at risk of sewer backups due to clogged drainage systems.

"We're putting all this money into improving the roads, and from a pride factor, it would be nice to actually see them," said Lukes, who also spoke about the need for a public education campaign to encourage residents not to rake their leaves on to the streets.

COLIN FAST/METRO

Coun. Janice Lukes COLIN FAST/METRO

TRANSIT TUESDAY
Weekly Transit News Update

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Thefts of mobile devices are on the rise in North America, particularly smartphones and tablets. Remember to be aware of your surroundings while in any public place to reduce your chance of becoming a victim. For instance, don't walk and text at the same time, you will be less aware of what is happening around you. Don't leave your mobile device unattended or in view of anyone in close proximity. It only takes a second for someone to steal your phone.

Woman charged in Blake Street double stabbing of two men

Police have one woman in custody after two men were stabbed at an apartment in the 300 block of Blake Street around 9 p.m. Sunday. Both men were listed in stable condition by Monday morning and police say the woman was arrested at the scene. Police continue to investigate. SHANE GIBSON/METRO

Chief faces calls for job over nuclear waste study

Environment.
Analysis of storage issues for information-gathering, education purposes, says Grand Chief David Harper

There are calls for northern Manitoba's grand chief to step down over an agreement he made for a study on the risks of storing nuclear waste in the Canadian Shield.

Swampy Cree Tribal Council head Nelson Genaille says in a statement that he was shocked to find out Manitoba Keewatinowi Okimakanak Grand Chief David Harper agreed to the study by the Nuclear Waste Management Organization.

Harper negotiated a two-year, $312,689 funding agreement this winter with the federal body, which oversees management of spent nuclear fuel from commercial and research reactors.

Harper has defended the deal, saying it only involves a study of the issues, not a commitment to storing spent fuel.

None of the nine proposed disposal sites is in Manitoba, but at least one at Ignace in northwestern Ontario is part of the Nelson River watershed that stretches west to Alberta.

Genaille says Harper made the agreement without the knowledge of other chiefs in the Swampy Cree council.

The statement also said the council would take no further part in the activities of the Manitoba Keewatinowi Okimakanak executive until Harper has been removed from office.

"Step down for doing my job? I don't think so," Harper responded to media in a text message late last week.

"I'm just abiding by the MKO constitution which states, 'Protect First Nations."'

Manitoba adopted nuclear-free status in 1987, ruling out any storage of spent nuclear fuel from commercial or research reactors.

The Swampy Cree council also noted the MKO approved a moratorium last year on the storage or movement of nuclear waste through Cree territory.

Harper noted that similar funding was provided to First Nations in Ontario and Saskatchewan, and that First Nations need to be fully informed of the "legitimate threat that a nuclear-waste repository could pose."

Mike Krizanc, a spokesman for the Nuclear Waste Management Organization, said legislation requires that affected aboriginal communities would have to be consulted before a final project moves forward.

"We think it's important that communities that are potentially affected and are interested are provided with the information they want, deserve and need," he said.

THE CANADIAN PRESS

Liquor and lotteries

Manitoba opens new liquor mart in grocery store

Manitoba Liquor and Lotteries has opened a sixth Liquor Mart Express, and the fourth one at a grocery store.

The new Liquor Mart Express is now open at the Superstore on Sargent Avenue. The province hopes to have 10 such stores open by the end of the summer. METRO

Potholes are a priority: Bowman

With last weekend's warm weather bringing potholes back into the minds of Winnipeg drivers, Mayor Brian Bowman says a record level of funding proposed for street repair in the 2015 budget will help in the city's annual battle against the car-rattling craters.

And it's a battle Bowman said will get underway as soon as temperatures allow.

"Crews are waiting for a little more of a thaw and then they'll be out in force," said Bowman Monday, who laughed when asked if he had noticed any potholes over the weekend.

"I drive, and you know what I hear the concerns about potholes and share them.

"You've just got to drive on our streets to see that fourteen years of property tax cuts and freezes has really left our roads in need of repair."

If passed by council the city's proposed budget would see $103 million spent on street repairs this year, which Bowman said is three times as much as the city spent in 2012.

SHANE GIBSON/METRO

Mayor Brian Bowman
SHANE GIBSON/METRO

Meet 10 of Manitoba's Future 40

The votes are in: A panel from CBC Manitoba and Metro has pored over 195 nominations and arrived at a short list of Manitobans they feel are making a positive impact. The list of Future 40 finalists has been whittled down. Our picks spanned the gamut — from artists, academics, activists, to scientists, entrepreneurs, educators and more. We will unveil 10 new finalists a day until Friday.

CBC MANITOBA

Heather McCormick

McCormick was nominated by Bill Shead.

She is the co-founder of Manitobah Mukluks and has volunteered with the Aboriginal Literacy Foundation.

McCormick leads a staff of 35 that provide holistic education and training programs to aboriginal adults seeking post-secondary education, skills and technology training at the Aboriginal Community Campus and Neeginan College of Applied Technology. She was a past board member for the Social Planning Council of Winnipeg and Adult Secondary Education Council and has recently joined the board of directors of Aboriginal Health and Wellness Centre.

McCormick is a proud Métis woman dedicated to the growth of the aboriginal community.

Lucas Stewart

Stewart, who was nominated by Margo Granda, is a social enterprise entrepreneur who believes that social enterprise is key to achieving sustained reductions in poverty and crime rates, and improving the quality of life of those who are otherwise marginalized from the workplace.

As the founder and general manager of Manitoba Green Retrofit, a non-profit social enterprise, Stewart has grown one of Manitoba's strongest social enterprises through grit and determination.

What started as a two-person contract to repair units in the At-Home/Chez-Soi homelessness project has expanded the business to over 30 full-time positions for people with barriers to employment.

Sarah Brooker

Brooker was nominated by Jennefer Larsen and is the owner and lead artist of 2 Chicks and a Bag of Makeup.

Thirteen years ago, Sarah took her talent for stage makeup application and direction and turned it into a successful business.

Brooker's accomplishments with 2 Chicks include a recent weekend in Thompson providing makeup services to the likes of Ron MacLean and Theo Fleury at the Hometown Hockey Tour, a guest appearance on Breakfast Television, and being featured in numerous magazines and blogs.

Brooker also won the Manitoba/Saskatchewan awards for Best Bridal Makeup and Overall Makeup by an Artist or Business at the Canadian Wedding Industry Awards in 2014.

Kyle Mason

Mason was nominated by Scott Eastveld and grew up in the North End of Winnipeg in a single-parent family.

After graduating and moving away for a few years, finishing his degree and working with a food bank in Saskatoon, Mason moved back and started North End Family Centre, a safe place where people can build community, find resources and do laundry.

With the programs offered through North End Family Centre, Mason is helping bring positive change to the community and helping his neighbours break the cycle of poverty.

Jamil Mahmood

Mahmood was nominated by Jesse Gair and is the executive director of the Spence Neighbourhood Association (SNA).

As a neighbourhood renewal corporation located in one of the poorest postal codes in Canada, SNA focuses on five key areas of community development: holistic housing, community connecting, community economic development, environment and open spaces and youth and families.

Through different projects, Mahmood has worked to address gaps or enhance the strengths within Winnipeg. Mahmood's many accomplishments include setting up Youth Programming at the Magnus Eliason Recreation Centre, which now sees over 100 kids a day and includes a full meal and transportation.

Matt Henderson

Henderson was nominated by D'Arcy Phillips and is a teacher at St. John's-Ravenscourt School.

He is considered an innovative teacher, passionate about how and what he teaches, and groundbreaking curriculum designer and teacher trainer. Henderson recently received the 2014 Governor General's History Award for Excellence in Teaching and a Government of Canada History Award. His work in this field has also resulted in his receiving the Association for Manitoba Archives Manitoba Day Award. Having published a number of articles in academic journals, Henderson, who is happily married and a father, continues to teach and works evenings and weekends to complete his master's thesis.

Tasha Spillett

Spillett was nominated by Janell Melenchuk. She is Cree and Trinidadian, and an educator and active member in the indigenous community.

As an educator, Spillett makes every effort to infuse her cultural knowledge into her teaching to support the positive cultural identities of indigenous students and to strengthen relationships between all communities.

Spillett is chairwoman of the Miss Manito Ahbee Youth Ambassador gathering in honour of missing and murdered indigenous women and girls, and is actively involved in other initiatives to ensure that indigenous women and girls are safe in our communities. Spillett is currently pursuing her master's at the University of Saskatchewan.

Michael Legary

Legary, who was nominated by Joe Czubaty, is the founder of Seccuris Inc. and the chair of the Winnipeg Chamber of Commerce.

Legary has 15 years of successful business leadership behind him ranging from tech startups, hobby businesses and more recently philanthropic pursuits.

Seccuris is the leading provider of information security and information systems risk management solutions for North American organizations.

Long-term corporations and new startups alike acknowledge the substance and new approach Legary brings to business and community support.

Jason Syvixay

Syvixay was nominated by Diane Gray. He is from the North End and is an urban activist.

As managing director of Downtown Winnipeg BIZ, he launched and manages the annual CEO Sleepout, which since 2011 has raised over $600,000 to support employment programs that have generated over 50,000 hours of work for 137 homeless Manitobans.

He serves on the Winnipeg Poverty Reduction Council's Task Force to End Homelessness, as treasurer of the Winnipeg BIZ and as a director on the boards of Graffiti Art Programming's Studio 393, Food Matters Manitoba and The Wasichana Fund Inc. Last year he was named the Canadian Public Relations Society's (Manitoba) Communicator of the Year.

Kal Barteski

Barteski was nominated by Ian McCausland.

Barteski is an artist and brush script painter, a TEDx speaker, a published author and winner of a Women Entrepreneur of the Year award.

She has also been featured on Animal Planet/Discovery. Always a work in progress, she has a deep, hard-to-understand love for polar bears — for all living creatures.

Barteski sells her paintings internationally and uses her signature brush script style to make magic with beautiful companies all over the globe.

ELIZABETH BEDDALL/METRO

MetroTalks Thomas Mulcair

The NDP leader takes on Trudeau, Harper and the polls

MULCAIR IN FULL FIGHT MODE

ROSEMARY WESTWOOD
Metro in Toronto

Polls be damned.

As far as Thomas Mulcair (or "Tom," as he likes to be called) is concerned, it's the pit bull versus the prime minister in the upcoming federal election.

"People want change. They say, 'When are you going to get rid of that bleep bleep Harper,'" the NDP leader said during a wide-ranging interview with Metro.

Often at ease, approachable and personable, Mulcair's trademark aggression (which won him the nicknames "Pit Bull" and "Grizzly") flipped on when he spoke of the prime minister.

"Stephen Harper is my adversary. He's the one doing the damage to Canada's international reputation; he's the one who's hurting the average Canadian working family; he's the one who's damaging the environment."

Harper's recent battle against the niqab and his assertion that it comes from an "anti-women culture" is reprehensible, Mulcair said.

"It leads to the feeling that it's OK to be Islamophobic," he added.

Harper aside, Mulcair has another fight on his hands in the headline-grabbing campaign of Liberal Leader Justin Trudeau.

Despite recent polls showing either the Conservatives or Liberals leading, Mulcair downplayed Trudeau's appeal and attacked him for a lack of leadership and his tepid support of Bill C-51.

"I'm the leader of the official Opposition," Mulcair said. "We're the only ones who have ever been able to stand up to Mr. Harper."

Besides, the NDP has "always fought for every column inch," he added.

Pundits warn that Harper could ride to yet another victory if the Liberals and NDP split the progressive vote. Mulcair said his party has been open to working with the Liberals to prevent that.

He extended the invitation in a speech one year ago, and then again in December. Both times the Liberals "slammed that door," Mulcair said.

"So my priority is getting rid of Stephen Harper. Justin Trudeau's priority is Justin Trudeau," he said. "The public will know that as they head into this election campaign."

They'll also need to know more about him.

Mulcair doesn't have Harper's longevity, Jack Layton's popularity or Trudeau's celebrity. As he puts it, Trudeau's more Vanity Fair, while he's more National Geographic.

What he does have is as much quirk as bite, cutting a grandfatherly figure in a dark suit and an orange tie dotted with tiny blue dolphins, doodling a small flower while listening to a question.

Quick with sound bites, he's also a natural storyteller fond of historical interludes to illustrate a point (such as the NDP's role in founding public health care).

And he is, he says, principled before strategic.

"When you have convictions, you have to have the courage of those convictions, even when it's tough, even when you're being told that the polling numbers are completely against you," he said.

It remains to be seen if that will be enough to win.

Mulcair on terrorism, the youth vote and climate change

The youth vote

• "Young people today finishing their studies are finishing with $60- to $70,000 in debt. When are they supposed to start a family if that's what they want for themselves?"

• "We have a generation now that's earning less than their parents and grandparents. The biggest inequality in our country is between generations."

• "In the last election, 65 per cent of young people aged 18 to 25 stayed home — two out of three. That worked out very well for Mr. Harper, by the way, because when young people stay home, the right wing wins and democracy loses. We have to change that."

Racism and Islamophobia

• "We're a country of immigrants. My wife is an immigrant to Canada. It's becoming a more and more closed place under the Conservatives."

• "Mr. Harper's singling out of the Muslim community has been, I think, one of the worst things I've seen in my political career."

• "If you have the highest elected official in the country openly using terms that can lead to Islamophobia.... I find it reprehensible, it's abject, and I never thought I'd see it in Canada."

Terrorism and Bill C-51

• "This is a horrible piece of legislation, very dangerous to our rights and freedoms.

• "I'm not trying to understate the importance of fighting terrorism. This is a real issue that requires real solutions."

• "When you have convictions, you have to have the courage of those convictions, even when it's tough, even when you're being told that the polling numbers are completely against you."

• "You're opening yourself up to First Nations groups, environmental groups, social activists being snooped on, having their privacy, their private life snooped on, because they're doing what's supposed to be normal in a free and democratic society."

The importance of cities

• "I think the best plan is to have a federal government that works with the provinces and territories."

• "People have to understand the importance of coming to grips with issues like gridlock."

Environment

• "I would love nothing more than if my first act as prime minister of Canada would be to attend the COP 21, the Conference of the Parties to Kyoto, in Paris in December of this year. I firmly believe that this is the defining issue of our times, because it's the future. This is the one that's going to resonate for generations and generations to come if we don't get it right. And we have to get it right."

• "Canada is the only country in the world to withdraw from Kyoto, and I think that's scandalous."

ROSEMARY WESTWOOD/METRO

Quoted

"We're a country of immigrants. My wife is an immigrant to Canada. It's becoming a more and more closed place under the Conservatives.... Mr. Harper's singling out of the Muslim community has been, I think, one of the worst things I've seen in my political career.... I find it reprehensible, it's abject, and I never thought I'd see it in Canada."

NDP Leader Thomas Mulcair

Prime mug

I challenge you to a ... beard

LUKE SIMCOE
luke.simcoe@metronews.ca

It's been more than 100 years since the highest office in Canada was held by a man with a beard — not since Mackenzie Bowell left office in 1896.

Thomas Mulcair is itching to change that.

"I think it's long overdue," he told Metro on Monday, a wry smile peeking out from beneath his whiskers.

The NDP leader first grew a beard when he was 18 in a bid to look older during his first year of law school. Since then, he's shaved it only once, in 1978.

"Not one of our friends recognized me," he said.

Metro asked Mulcair to draw some facial hair on his two opponents in the upcoming election: Liberal Leader Justin Trudeau and Prime Minister Stephen Harper.

Trudeau's mug received a five o'clock shadow in Liberal red, while Mulcair gave Harper a full beard in green.

"I'll give Mr. Harper a green beard, so maybe he'll think a little bit more about the environment," he joked.

Asked to choose his favourite celebrity facial hair, Mulcair went with newly grey-whiskered Stephen Colbert.

NDP Leader Thomas Mulcair and his wife Catherine Pinhas inspect celebrity beards, top. Below: Mulcair gives his opponents, Liberal Leader Justin Trudeau and Prime Minister Stephen Harper, some facial hair of their own.

3 things Catherine Pinhas thinks you might not know about her husband

"That he's very kind."

"He has a job as official Opposition. He has no choice; he has to stand up and react. They might be surprised to know that he's shy. Sometimes you're going to see him feel a little bit uncomfortable if people say kind words. He feels a little embarrassed, I guess."

"He is principled and he's a loving person."

ALL PHOTOS: ELIZABETH BEDDALL/METRO

Court. Accused nearly aborted B.C. bomb plot

A couple accused of plotting to attack British Columbia's legislature on Canada Day considered backing out with just hours to go, but with the bombs ready and powerful associates expecting them to follow through, they concluded it was too late, their trial heard Monday.

John Nuttall and Amanda Korody, who are now on trial for terrorism-related offences, were captured by a hidden RCMP video camera in a hotel room on Vancouver Island on the evening of June 30, 2013. In just a few hours, they expected to drive an hour south to Victoria to plant homemade pressure-cooker bombs on the legislature lawn.

In the video, Nuttall becomes increasingly agitated as he complains that an Arab businessman and his accomplices — all undercover RCMP officers — have pressured them to rush their attack.

Nuttall's main concern appears to be that the attack is poorly planned because they weren't able to take their time to make it better.

Nuttall and Korody have both pleaded not guilty to four terrorism-related charges. THE CANADIAN PRESS

John Nuttall, left, with a Qur'an, and Amanda Korody appear in provincial court in Surrey, B.C., on July 9, 2013. Nuttall said he thought his alleged plot would change the world. FELICITY DON/THE CANADIAN PRESS

Canada, U.S. reach deal on pre-clearance customs pact

Travel. Deal sets path for allowing customs agents to work on both sides of the border

Travel to the United States by road, rail and sea could undergo a major revamp as the result of a new agreement between Canada and the U.S.

Public Safety Minister Steven Blaney and Homeland Security Secretary Jeh Johnson have signed a customs pre-clearance agreement that was years in the making.

The arrangement would allow customs agents to work in each other's countries, which means they could screen passengers away from the border and ease the choke points.

That process already exists in air travel, at eight airports. People can clear U.S. customs in cities such as Vancouver, Toronto and Montreal and then, when they land, skip lines in U.S. airports.

Cargo trucks cross the Ambassador Bridge from Detroit, left, leading into Windsor, Ont., right, in January. CARLOS OSORIO/THE ASSOCIATED PRESS

The countries had signalled their intention to expand that arrangement to land and sea travel as part of the 2011 Beyond the Border deal between Prime Minister Stephen Harper and President Barack Obama.

But they missed a late-2012 deadline to reach a legal agreement that would let law enforcement officials operate inside the neighbouring country.

A little more than two years later, they have finally reached that deal.

"This historic new agreement builds on decades of successful pre-clearance operations in Canadian airports," Blaney said in a U.S. Department of Homeland Security statement. "It will enhance the security at our border and create jobs and growth in Canada by improving the flow of legitimate goods and people between our two countries."

Maryscott Greenwood of the Canadian American Business Council said the agreement will use modern technology to speed up things at the border.

"It's dramatic, it's historic, it's a big day in Canada-U.S. relations," she said.

The statement says the agreement applies to all modes of transport, potentially even passenger vehicles. It also says customs agents will be allowed to carry firearms in each other's countries. THE CANADIAN PRESS

Implementation

While the deal has been struck, it didn't highlight several conditions to moving forward. These include the legislation required from both governments, budgeting for new infrastructure and commitment from the private sector.

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LA CITÉ
LE COLLÈGE D'ARTS APPLIQUÉS ET DE TECHNOLOGIE

Feds near decision on ISIL combat mission extension

The federal cabinet is poised to decide on an extension to the combat mission against the Islamic State of Iraq and the Levant (ISIL) and, should it be approved, several defence sources say it likely would involve a commitment of more than six months, possibly up to a year.

Defence Minister Jason Kenney wouldn't indicate which way the debate is going, but said a verdict will come in the near future and that "we're considering various options."

Kenney and other senior Conservatives have dropped broad hints for weeks that the threat posed by extremists in Iraq and Syria is not something that should be left unchecked by Canada — or its allies.

The mandate for the existing mission will be expiring within the next few weeks.

An extension of six months would require another evaluation and renewal in October at a time when the government is expected to be campaigning for re-election.

Defence analysts have said any potential Canadian extension would likely resemble U.S. President Barack Obama's war resolution before the U.S. Congress, which removes geographic limits and softens the language about the deployment of combat troops.

Like Canada, the U.S. originally ruled out putting "boots on the ground" in the form of conventional combat forces. THE CANADIAN PRESS

Alberta

Students able to use Aeroplan for school expenses

Some post-secondary students in Alberta are now able to use Aeroplan points to pay for tuition, textbooks, residence fees and meal plans. Some of the nine institutions on board so far include University of Lethbridge, Olds College, Red Deer College and Concordia University College of Alberta in Edmonton. GLOBAL EDMONTON/THE CANADIAN PRESS

Crime

Parole board too low on resources to process pardons

The Parole Board of Canada says it can no longer dedicate resources to clearing a backlog of old pardon applications, leaving thousands of former offenders in legal limbo. The board's 6,000 remaining pardon applications received before the rules were changed in 2012 will be processed as time and money permit. THE CANADIAN PRESS

Bomb plots

Man accused of plotting bomb attacks remains in federal custody

A Pakistani man the federal government has branded as a supporter of ISIL and accused of plotting bomb attacks on downtown Toronto was ordered to remain in custody on Monday pending a deportation decision. Government lawyer Jessica Lourenco made no new allegations against him. THE CANADIAN PRESS

ISIL using gas attacks: Kurds

Middle East. Kurdish officials say an independent laboratory concluded the militants used chlorine gas

Kurdish forces in Iraq are investigating two other possible chemical weapons attacks by the Islamic State of Iraq and the Levant (ISIL), a top official said Monday, as authorities put an Iraqi offensive to retake Saddam Hussein's hometown on hold.

The two purported chemical weapon assaults resemble one claimed Saturday by Kurdish officials who say an independent laboratory concluded the militants used chlorine gas against its peshmerga forces in a Jan. 23 truck suicide attack. However, their claims were not immediately verified by international authorities.

Iraqi officials and Kurds fighting in Syria have made similar allegations about the militants using the low-grade chemical weapons against them. ISIL, which controls a third of Syria and Iraq in its self-declared caliphate, has not commented on the claims.

Gen. Aziz Wesi, in charge of a Kurdish special forces brigade, told journalists Monday that authorities declined to immediately discuss the two newly announced attacks when they happened on Dec. 26 and Jan. 18 out of fears of causing a panic.

Kurdish officials have offered footage of the aftermath of the Dec. 26 attack, which shows fighters coughing and pouring water over their heads after another suicide truck bombing that authorities say wounded some 60 men.

"I put a wet scarf on my face because when I saw the gas, I felt it," said Capt. Mohammad Sewdin, who leads the Kurdish special forces unit targeted in the December attack.

Sewdin told The Associated Press he was temporarily blinded for six hours after the attack and coughed up blood. He and others were hospitalized. THE ASSOCIATED PRESS

Diplomacy

Senators' Iran letter strains nuclear talks

Iranian diplomats confronted their American counterparts about an open letter from Republican senators who warned that any nuclear deal could expire the day President Barack Obama leaves office.

"It is necessary that the stance of the U.S. administration be defined about this move," Iranian Foreign Minister Mohammad Javad Zarif was quoted as saying.
THE ASSOCIATED PRESS

Israeli election

Netanyahu sliding, keeps hard line

In a frenzied last day of campaigning, Prime Minister Benjamin Netanyahu on Monday ruled out the establishment of a Palestinian state and vowed to strengthen construction in east Jerusalem settlements.

Netanyahu, who has governed for the past six years and has long been the most dominant personality in Israeli politics, has watched his standing plummet in recent weeks.
THE ASSOCIATED PRESS

South Pacific picking up pieces after 'monster' cyclone

Samuel, only his first name given, kicks a ball through the ruins of their family home as his father, Phillip, at back, picks through the debris on Monday in Port Vila, Vanuatu, in the aftermath of Cyclone Pam. Vanuatu's president, Baldwin Lonsdale, said that the cyclone that hammered the tiny South Pacific archipelago over the weekend was a "monster" that has destroyed or damaged 90 per cent of the buildings in the capital and has forced the nation to start anew. The United Nations says that 24 people are confirmed dead and 3,300 have been displaced by the cyclone. Meanwhile, the Canadian Department of Foreign Affairs says it's believed 29 citizens are in the affected region. Foreign Affairs says its office in Canberra, Australia and the Australian High Commission in Port Vila are providing assistance to Canadian citizens in Vanuatu affected by the storm. PHOTO: DAVE HUNT/THE ASSOCIATED PRESS, TEXT: THE ASSOCIATED PRESS & THE CANADIAN PRESS

Radicalism. Concerns grow over ISIL-recruited Brits

British police, under pressure to stem the flow of would-be militants eager to join the Islamic State of Iraq and the Levant, on Monday arrested an 18-year-old man suspected of planning to travel to Syria.

Hours earlier, they freed on bail three other U.K. teens detained in Turkey, allegedly on their way to link up with the extremist group.

The arrests are signs of increasingly strenuous efforts by police to stop the flow of radicalized young Britons to the Middle East.

Detectives have been criticized for failing to prevent three 15- and 16-year-old London girls from making the same journey last month.

West Midlands police said the 18-year-old, whose name wasn't released, was arrested early Monday at his home after police received a tipoff.

Three other youths — two aged 17 and a 19-year-old — were arrested at an Istanbul airport after their London families contacted police when they failed to return from Friday prayers.

Police alerted Turkish authorities, who intercepted the teens and returned them to Britain.

The three were questioned on suspicion of preparing terrorist acts, and were let out on bail late Sunday until May pending further police inquiries. THE ASSOCIATED PRESS

Fashion. France considers underweight model ban

France's health minister says she supports plans to criminalize the use of advertising with anorexic models in France.

The measure would put France, a world capital of fashion, with countries like Israel and Spain that are cracking down on the glorification of dangerously thin models.

Socialist lawmaker Olivier Veran, who is also a doctor, wants to add language to an upcoming health bill to make it illegal to employ models deemed to have an eating disorder. Modelling agencies would have to produce a medical report showing that their models have maintained a healthy mass-to-height ratio.

A second change in the law would make it a crime to glorify "excessive thinness," which would target those who run pro-anorexia websites, punishable by up to one year in prison and 10,000 euros ($10,575 US) in fines.

Up to an estimated 40,000 people suffer from anorexia in France, 90 per cent of them women, according to the health ministry.

In 2007, Spain banned models from the catwalks whose body mass-to-height ratio was below 18. In Israel, a law in 2013 banned underweight models.
THE ASSOCIATED PRESS

VOICES

A CITY OF TWO TALES

NDP Leader Thomas Mulcair and Liberal Leader Justin Trudeau make separate stops in Toronto within the same week — both touting very different paths forward

CHANTAL HÉBERT
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Within the space of a single week, Justin Trudeau and Thomas Mulcair each delivered major speeches designed to stake out some critical pre-election territory.

Both opposition leaders chose Toronto as their venue, a decision dictated as much by the city's status as the national headquarters of the country's English-language media as by the GTA's weight in the outcome of next fall's election.

The similarities stop there.

Trudeau spoke to a non-partisan group made up of McGill University alumni.

Mulcair addressed one of the largest in-between-elections rallies that the federal NDP has ever held.

The Liberal leader spoke of values and denounced what he believes is a blatant Conservative attempt to use the terrorism file to divide Canadians along Muslim and non-Muslim lines.

Mulcair set out the urban agenda of an NDP federal government.

His speech emphasized Toronto's central place on the municipal map of the country — calling it the most important city in the country — but his prescriptions were generic.

Minus the local references, Sunday's text could easily serve as a template for similar speeches in Canada's other big cities.

The Liberal leader's speech was the more hard-hitting of the two but also the more high-risk.

Fostering discrimination against a minority is one of the most serious charges that an opposition leader can level at a sitting prime minister.

That could be construed as a glaring contradiction since it is Liberal policy to support Harper's controversial anti-terror legislation, regardless of whether or not the government addresses Trudeau's concerns about its reach.

Tom Mulcair shares a laugh with Justin Trudeau at a panel discussion on youth voting. ADRIAN WYLD/THE CANADIAN PRESS FILE

By comparison, Mulcair's speech was a safe one. It is hardly the first time that a federal leader promises the cities a better deal and there is little revolutionary about adding a seat devoted to urban affairs at the cabinet table of an NDP government.

The most controversial element of the speech — if you can call it that — was the contention that, more so than that of any other (smaller) Canadian city, the success of Toronto is essential to the country's economic health.

According to party strategists, Mulcair deliberately stuck to bread-and-butter issues the better to bring the economy back on the political radar.

They believe the issue is becoming a liability for the ruling Conservatives. (For the record, so far the latter still score better on the economy than their opposition rivals.)

In the end, the differences between the Trudeau and Mulcair speeches spoke more loudly of distinct pre-election needs than of different priorities.

Two years into his leadership, Trudeau has not yet quite shaken off the perception that he is a policy lightweight.

At the same time, the Liberals have made the strategic decision to not release their platform until the campaign.

In the absence of a fleshed-out policy book, the "values" speech Trudeau delivered last Monday was designed to anchor his political persona to some core principles.

It was also meant to offset the Liberal decision to support Bill-C51 by adding some space between Trudeau and the Conservatives on the larger anti-terror narrative.

The NDP's event, on the other hand, was at least as important for its form as for the content of Mulcair's speech.

The past four years have been miserable ones for the New Democrats, with precious little to suggest they are on the move nationally.

They have endured the untimely death of a much loved federal leader; the loss of power in Nova Scotia; a civil war at the top of Manitoba's NDP government; unexpected mayoral defeats in Toronto and Vancouver, and underwhelming provincial results across the country.

Against that backdrop, the successful staging of a major rally in Toronto — a city where the NDP lost a seat since the last election — was meant to at least project some critically needed momentum.

It was also designed to blunt some of the edges of Mulcair's image.

For all his success or, perhaps, because of it as the prosecutor-in-chief of the government in Commons, his profile outside Quebec remains both lower and not as voter-friendly as Trudeau's.

That he was under instructions to play nice may explain why Mulcair smiled his way through his Sunday speech. He smiled so hard as to make one wonder whether he was trying to channel Jack Layton.

Chantal Hébert is a national affairs writer.

City hands in U-Pass assignment long after deadline

YOUR RIDE
Colin Fast

If this was a school assignment, it would be woefully overdue, but it looks like the city is finally ready to go ahead with a U-Pass for students at the University of Manitoba and University of Winnipeg.

At Monday's public works committee meeting, councillors endorsed a plan that would see all students at both institutions receive a transit pass starting in September 2016 in exchange for an extra $260 per year tacked on to their mandatory student fees.

It's a program that has proven successful at more than 30 Canadian post-secondary institutions, and something that has been stuck in park at city hall for at least the past decade.

And while some councillors, pro-car advocates or students who drive might question the annual $1.3 million cost to the city, the U-Pass could prove to be one of the best investments the city has ever made in increasing transit ridership and decreasing the cost of maintaining roads.

For starters, since the U-Pass is mandatory, transit officials expect the number of students taking the bus to class will increase significantly, especially at the University of Manitoba.

That's why they're planning to add extra capacity by purchasing nine more buses.

That's going to remove thousands of commuters from Pembina Highway, reducing traffic congestion for all other drivers and make more efficient use of the southwest rapid transit corridor.

Not only will ridership spike in the short term, but it's expected many students will continue to be regular transit users after they graduate. That's been the experience at schools in Alberta and BC, where up to 50 per cent of U-Pass holders have continued to take transit after graduation. Edmonton officials have said continued ridership generated by the U-Pass has created more than $2 million per year in extra revenue for the transit system.

But perhaps the greatest benefit of the U-Pass — or any initiative to increase transit ridership — is the resulting decrease in road maintenance and constructions costs.

The math here is simple: The fewer individual vehicles on the road, the less need for repair and expansion.

Ottawa's Transportation Committee tried to quantify that benefit a few years ago, and calculated that a single car trip costs the city $2.50, while a trip taken by public transit (bus or train) only costs $1.76.

While the numbers might add up a little differently for Winnipeg, there's no question that getting more people to take transit reduces the burden on our existing roadways.

The homework has been done here, and students have voiced their support through multiple referenda. Now all of rest of council needs to give the U-Pass proposal a passing grade.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

metro

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Emile Hirsch heads to court

Scandal. Actor faces up to five years in prison for alleged assault at Utah club

Actor Emile Hirsch made his first court appearance Monday on allegations that he put a studio executive in a chokehold and dragged her across a nightclub table while in Utah for the Sundance Film Festival.

The Into the Wild star declined to comment Monday outside court in Park City.

His attorney Neil Kaplan said Hirsch is receiving counselling after going to rehab.

The actor from Encino, Calif., is charged with felony assault, which is punishable by up to five years in prison and a $5,000 fine. He also faces a misdemeanour count of intoxication.

He isn't required to be at the next hearing, set for April 13.

Hirsch may also be excused from other upcoming hearings, a concession often granted to out-of-state defendants who are co-operating, said Summit County prosecutor Ryan Stack. Stack said he had no comment on a possible plea deal.

The woman Hirsch is accused of assaulting on Jan. 25 is Daniele Bernfeld, an executive for the Paramount Pictures subsidiary Insurge Pictures.

Hirsch lawyer Robert Offer has said the actor was drinking alcohol and doesn't remember what happened that night. Offer also said last month that Hirsch checked into rehab within days of the incident.

Offer was not immediately available for comment Monday.

Hirsch is best known for his Into the Wild role. He was at Sundance for the premiere of the drama Ten Thousand Saints, in which he appears alongside Ethan Hawke and Asa Butterfield.

THE ASSOCIATED PRESS

Emile Hirsch ALL PHOTOS: GETTY IMAGES

Gisele Bündchen

Bye-bye, Bündchen?

Brazilian supermodel sensation Gisele Bündchen is reportedly set to retire from the runway after two decades in the spotlight.

The whispers, which began with an editorial in Brazilian newspaper Moda Estadão, suggest that Bündchen will walk her last runway in April at the Colcci show as part of São Paulo Fashion Week. Bündchen, who shares a long-term relationship with the Colcci brand, has starred in many of its previous campaigns and also famously chose the brand for her return to the catwalk following the birth of her son Benjamin in 2010.

Bündchen, reportedly the world's highest paid model for the last 10 years, most recently walked for Chanel in September 2014. Sao Paulo Fashion Week starts April 13.

AFP

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Uninvited guest plants himself on Aniston's lawn

Jennifer Aniston

Jennifer Aniston got some unsolicited gardening recently when a drunk driver reportedly jumped the curb and landed in her lawn, taking out some plants along the way, according to TMZ. It's unclear whether Aniston or fiancé Justin Theroux were home at the time, but her security guard called the cops who promptly arrived and busted the driver after he failed a sobriety test.

There's a very obvious Friends theme song joke in this about being stuck in second gear, but I like to think I'm better than that. (I'm not.)

Demi Lovato wants the world to know she loves Wilmer

People have said a lot of things about Wilmer Valderrama over the years, but something you might not have expected to read is "I really wouldn't be alive today without him."

But that's exactly what girlfriend Demi Lovato wrote in a heartfelt Instagram post celebrating Valderrama and her third anniversary of getting sober.

"I wish I could put into words how grateful I am for this man right here. But my love has grown to a level that words could never possibly express how much this man completes me," she writes.

"He's loved me the way I never thought I deserved to be loved and with this day marking my third year sober. After sharing my ups, putting up with my downs and supporting my recovery, he still never takes credit and I want the world to know how incredible his soul is."

Duly noted.

Music film

Drizzy in a tizzy over unauthorized concert film

Canadian rapper Drake is not happy about a soon-to-be-released concert film.

"The Drake Homecoming film is not something OVO or Drake have any part in," Drake tweeted to his 21.6 million followers, referring to the record label Drake helped establish in 2012.

"I feel it is my responsibility to inform and protect my fans."

The statement has been favourited and retweeted more than 12,000 times.

Drake's Homecoming: The Lost Footage will be playing in select Canadian theatres on March 18 only. The concert film, which was shot in May 2009 at a sold-out show at Toronto's Sound Academy, shows the rapper performing just before his international breakthrough.

"No. 1, it's an authorized film," counters Mark S. Berry of Toronto's Attack Media Group. Berry is listed as a co-executive producer for the film.

According to Berry, Drake signed a contract in 2009 that gives him $15,000 for the film and a royalty participation of 15 per cent. It's a paltry sum for a rapper who could now demand a substantially higher fee.

"He's known about the movie for years," Berry adds.

Attempts to reach out to Drake's label representatives were not returned on Monday.

TORSTAR NEWS SERVICE

Quoted

"I feel it is my responsibility to inform and protect my fans."

Drake tweeted to his 21.6 million Twitter followers about the theatrical release of the unauthorized concert film Drake Homecoming: The Lost Footage

Drake is unhappy about the release of a concert film. GETTY IMAGES

World a happy hunting ground for UN playlist

Music. UN asks music lovers around globe to share songs that bring them joy, in honour of Day of Happiness

What is happiness? The United Nations is teaming up with pop stars to create a playlist that asks, in musical form, that eternal question.

A campaign launched Monday is asking listeners around the world to post through social media the songs that make them happy, with the playlist to be revealed Friday on the UN-declared International Day of Happiness.

The curators who will assess the responses and determine the playlist include the British singer-songwriters Ed Sheeran and James Blunt, U.S. singer-songwriter John Legend, French DJ David Guetta and the Portuguese pop star David Carreira.

UN Secretary-General Ban Ki-moon, who is not generally known for his rock star persona, announced the initiative in an MTV-style video in which he offered his vote for Stevie Wonder's 1970 hit Signed, Sealed, Delivered.

Ban said that the song — also known to be a favorite of U.S. President Barack Obama — represented his hopes for a successful agreement on climate change at a UN-led conference in Paris later this year. AFP

#HappySoundsLike

Last year, the International Day of Happiness invited music fans around the world to dance to Pharrell Williams' hit Happy, creating a viral sensation.

- **The campaign, which did not specify restrictions on genre, asked music fans to post songs on social media with the hashtag #HappySoundsLike. The playlist will be released by streaming service MixRadio.**

Gross National Happiness

The United Nations in 2012 declared an International Day of Happiness — which coincides with the first day of spring in the Northern Hemisphere — after an initiative by Bhutan, the Himalayan land that measures a Gross National Happiness instead of a standard economic indicator.

- **"On this day we are using the universal language of music to show solidarity with the millions of people around the world suffering from poverty, human rights abuses, humanitarian crises and the effects of environmental degradation and climate change," Ban said.**

Singer-songwriter Ed Sheeran will help curate the "happiness" playlist. GETTY

You Britta believe it! Community gets refresher course

The world of TV is littered with examples of much-loved but under-watched shows that aired for a season and disappeared, but few have had as strange a life as Community, the pop culture-obsessed show about a group of misfits at a community college. After NBC finally pulled the plug, an unexpected saviour popped up in the form of Yahoo, and the show returns today with new episodes.

"Post-House of Cards, you'd be silly to be nervous, especially at a place like Yahoo, that has the resources to really support the show," she says. "You look at the other programming they're doing — they have good taste! I mean, they liked us, so they have great taste."

The return of the show means viewers get to see all kinds of new journeys for the characters, and meet Britta's parents, who are played by Martin Mull and Leslie Ann Warren (or Colonel Mustard and Miss Scarlett, if you're Clue fans).

"As a Clue fan, I was really excited," says Jacobs of the casting. "We're starting to see a little bit more of the characters' outside lives, help inform who they are, why they are, what the hell happened to Britta to make her Britta."

She's referring, of course, to the various characters' tendency to call her "the worst" all the time, for her buzzkill tendencies. Would she ever want them to stop calling her that?

"No, I'm branded with that! It's a point of pride now, to be the worst. No, that's like a tattoo, I can't."

LISA WEIDENFELD/METRO IN NYC

Community actors Joel McHale, left, Gillian Jacobs and Ken Jeong. GETTY IMAGES

New characters, new time

The show will be introducing two new characters, played by Paget Brewster and Keith David.

- The first two episodes of Community premiered online Tuesday.
- Yahoo picked up the show after it was cancelled by NBC last year.

Couples' vegetarianism 101

Healthy eating. It can be difficult to get meat-loving guys (and gals) to eat more veggies. Here are some tips on getting it done

EVA KIS
Metro World News

Eating less meat can reduce your risk of cancer, diabetes and heart disease. ISTOCK

How's your healthier eating resolution going? If you've had better intentions than follow-through, get back on the wagon this week with a change that won't turn your life upside down: a meatless day of the week.

Diana Rice, a dietician with the Meatless Monday campaign, an international effort that encourages people to not eat meat on Mondays to improve their health and the health of the planet, has plenty of suggestions to get you started — no matter what day it is. But she also speaks from experience when it comes to what will likely be your biggest obstacle (after cravings): your partner.

"My husband is from the (American) south, and growing up he didn't really think about the advantages of vegetarian anything," she says. Bacon and eggs for breakfast, a ham sandwich for lunch and a steak for dinner was pretty standard.

And while you probably know that eating less meat can lower cholesterol and reduce your risk of cancer, diabetes and heart disease, a lecture about the health benefits of veggies might be the only thing less appetizing to him than trading steak for tofu.

But don't give up hope. Rice, whose husband often serves as the "guinea pig" for her foodie experiments, shared her ideas.

Play up other flavours

"Pasta is such a versatile dish. It'd definitely be the place I'd start," says Rice. Use cherry tomatoes instead of sauce from a jar, fresh basil instead of dried and really good cheese, and he'll forget he's not eating meat. Shop at a farmers market so you know you're only buying what's in season, when it tastes best, and talk to the vendors to get ideas.

Don't get crazy

"If you're just starting out, don't buy tempeh and try to make some really weird vegetarian thing that's totally unfamiliar to you," cautions Rice. Work your way up to it by starting with what you already know: chili with beans instead of ground beef or using sautéed mushrooms as the main part of a dish instead of a side.

Think like a guy

If your guy likes steaks, try making a vegetable steak: Cut a one-inch-thick slice out of the middle of a cauliflower, brush it with olive oil and grill it, then serve it with some A1 sauce. "Having the vegetable be a standalone in the same way we might expect the steak or a piece fish to be can help us overcome that mentality that there is something lacking from the meal," says Rice.

Chef's choice

Most guys still aren't doing the cooking, so if they're hungry they'll probably eat what's in front of them. So don't be afraid to try something just because you think he won't like it. "A lot of times what I'll do is tell my husband, 'What we're having for dinner is a really great pasta dish,'" Rice says. "It just doesn't happen to have any meat in it."

Nutrition

The Rainbow Plate approach

Force-feeding kids a diet of facts and figures about the nutrients in fruits and vegetables and why they're good for us is no way to create a generation of healthy eaters.

It's far more important and effective to encourage kids to make nutritious food choices because they want to, says Janet Nezon, a Toronto-area food educator.

The concept Nezon developed and the name of the company she started three years ago is Rainbow Plate. "The reality is that if you are eating a vibrant mix of colours, you're covered (nutritionally)," she says. "So the simplest concept is to take your plate and create a rainbow plate."

The first step — in Nezon's program and for parents at home — is simply exposing kids to the wide range of produce available and engaging their interest.

The second key is that there should be no pressure on a child to try something new, Nezon says.

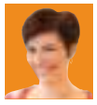
"You can't push vegetables on kids. You have to make food appealing and make it visually interesting ... but you don't make a big deal if they do or don't."

THE CANADIAN PRESS

Alphabet noodles in homemade tomato vegetable soup will distract kids from the veggies. THE CANADIAN PRESS

Pair green beer with twist on Irish fave

Dinner. St. Patrick's Day is your lucky day — with an easily assembled Magic Shepherd's Pie



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What comes to mind when you think of St. Patrick's Day? Green Beer? Shamrocks? Lucky charms?

The Irish celebrate this saint for his role in bringing Christianity to Ireland. One of the key elements of the celebration is the lifting of Lenten restrictions, just for one day. Awww, come on! You can't expect a promise of abstinence to last for six whole weeks, can you? No wonder this day of green wearing and binge drinking has been embraced so much.

Traditional Irish dishes include Shepherd's Pie, Boiled Dinner with corned beef and cabbage, and Colcannon, consisting of mashed potatoes and cabbage. There are as many variations of these recipes as there are cooks but most are basic and use the affordable staples available in Ireland.

Potatoes are popular because they are plentiful, corned beef and cabbage can be stored during long periods of time or harsh weather and Shepherd's Pie can be made from practically any minced meat.

Irish meals are no longer boiled and boring, but historically, Irish culinary creations leaned toward a soft, bland outcome. Spices tended to include, um, salt and pepper.

Thyme, parsley, rosemary, and sage are typical as are leeks, onions and garlic.

Whatever you make, pair it with green beer. It is a rite of passage, and as they say, "Everyone is Irish on St. Paddy's Day."

Ingredients

- 4-6 slices phyllo pastry
- Extra virgin olive oil
- 1 1/2 lbs ground lamb
- 2 leeks, sliced
- 1 tbsp butter
- 1 white potato, diced small
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 2 tbsp flour
- 1 1/2 cups dark beer
- Salt and white pepper
- 1 carrot

This recipe serves four. THERESA ALBERY

Magic Shepherd's Pie

This pie is magic because, unlike traditional recipes, it comes together in less than 30 minutes —no layering of mashed potatoes or pastry required. It is simply a one-pot meal made with ground lamb while phyllo pastry puffs bake in the oven to become a very pretty topping.

1. Turn oven on to 400 F.

2. Oil a baking sheet and take one sheet of phyllo into your oiled hands. Rub both sides of the sheet with oil and scrunch into a loose ball. Place onto baking sheet and continue with remaining sheets. Drizzle additional tablespoon of oil over all pastries before baking. Bake for 10 or just until browned.

3. Meanwhile, brown ground lamb in a pot over medium-high heat and then empty to drain fat through a strainer. Set aside. Clean and slice leeks and add to the same pot with butter over medium heat, stir to soften. Add diced potato and stir for a couple minutes. Add rosemary and garlic powder, stir for one minute. Pour beer into a bowl and stir flour in to dissolve then add to pot and stir to thicken. Return meat to pot, salt and pepper.

4. Peel carrot into ribbons, directly into the pot.

5. Cover and simmer 15 minutes to cook potatoes. Empty into a pie plate and top with baked phyllo. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM**

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MEDICATIONS RETURN PROGRAM

NYC bids adieu to Mad Men with liquid lunch special

New York is saying goodbye to hit U.S. television drama Mad Men in a manner that would make its '60s protagonist Don Draper proud: with a boozy lunch promotion.

As the series approaches its final seven episodes, fans will be able to purchase two drinks for an iconic price of $19.69, across a handful of New York restaurants.

Since it debuted on AMC cable television in 2007, tens of millions worldwide have become devoted followers of the fortunes of the tortured New York advertising executive, often portrayed with drink in hand, and his colleagues.

Thirty-four New York restaurants are partaking in Man Men Dining Week. AMC/LIONSGATE

Accolades

Man Men is admired almost as much for its archly cool depiction of 1960s fashion and furniture as for its writing and acting.

- **Awards.** The show has won an Emmy for Outstanding Drama Series four times.

Those wishing to commemorate the show's final episodes will be able to order two lunch cocktails or choose from a two-course, prix-fixe menu at 34 restaurants during Mad Men Dining Week.

The final season begins airing on April 5.

The lunch deal is a sendup of New York's traditional Restaurant Week that features dining promotions.

"We thought this was a fantastic opportunity to say farewell to a fantastic TV show," Avery Fletcher, director of sales and marketing for the restaurant 21 Club, told the New York Times.

"The characters would have been right at home here."

Like 21 Club, many of the participating restaurants are 1960s mainstays, and all will serve era-appropriate food and drink during the promotion, which lasts from March 23-29. **AFP.**

LEARNING CURVE

Finding the right rhythm for you

The best time to study will vary for each student

SHUTTERSTOCK

You are staring at your academic calendar and it's time to slot in study time for that enormous exam. But would those notes be best retained when reviewed in the light of day or under the cloak of dark night?

Jodi Nickel, chair and associate professor of the department of education at Mount Royal University, says the best time for study will vary from person to person.

"We all have rhythms that work best for our body," Nickel says. "Times when we're best able to focus and times when our energy level is low." Nickel says the ideal study time for some students is the morning, when they are fresh and alert.

But others will focus better in the evening when all other distractions of the day are over.

"However, if you know you're a procrastinator, you're likely to leave yourself too little time to study if you wait until evening," she says, suggesting this personality type might want to try to slot a time earlier in the day.

Rebecca MacPherson, a sessional instructor at Brock University, who recently completed her doctoral studies in Brock's faculty of applied health sciences, knows the struggles of a fierce session of studying.

"Everyone is different and will have a different best time to study," says MacPherson, who admits that her study sessions were anytime other than the early morning.

"But whatever you do, don't wait until the last minute to study — start early and plan," she says. "Rewrite notes in short form to study from. If you can explain a concept to a friend without looking at your notes then you know you are ready."

Constance Crompton, assistant professor of digital humanities and critical studies at the University of British Columbia, says that without advanced planning, discovering the perfect time of day for study will be of little use.

"Studying is a bit like going to the gym," Crompton says. "If you can set aside a regularly scheduled time to study, for example from 10 until noon on Mondays, Wednesdays and Fridays, then you won't have to spend the rest of the day anticipating a study session." – *Elizabeth Beddall*

SHUTTERSTOCK

Addictions worker a life-changing career

CDI College offers small class sizes

Many who pursue a career in social services are inspired by personal experience and hope to provide support for others.

Jessica W. graduated from the CDI College addictions and community services worker program, and was hired as a youth care worker, helping those affected by issues such as drug and family abuse, homelessness, and more.

"I have always wanted to be a part of the community," she says. "CDI College provided me with not only a great education to pursue a career, but helped me grow as a person and find who I was and who I wanted to be."

Becoming an addictions worker is a life-changing career. Not only will you be helping those who are directly affected by these social issues, you will guide and inspire them to rebuild a future for themselves and the people around them.

CDI College provides a more tactile, intimate learning environment for students. With smaller class sizes, students and instructors will have more immediate and direct communication so "when it's time for you to go out in the field, you feel more ready and confident," Jessica says.

To learn about the CDI College addictions and community services worker program, call 1-877-658-4045 or visit to.cdicollege.ca.

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CDI college

RRC gets students set for photography career

Industry experts teach business side

It is easy to pick up a camera and begin a hobby in photography, but it is far more difficult to make it a full-time career.

The professional photography program at Red River College can help budding photographers get the picture of what it takes to turn the love of photography into a successful business.

"RRC's professional photography program runs the entire gamut of teaching students what it takes to run a successful photography business," says Melissa Fontaine, program manager of IT and professional studies, RRC. "Graduates of our program will know how to find the jobs, market themselves, draw up legal agreements and contracts so that nothing is left to chance or is questionable later on."

Every aspect of operating a successful photography business is covered.

Students learn how to take a good photo and make it spectacular.

"Composition, lighting, exposure and digital editing are just the tip of the learning iceberg," Fontaine says. "Learn from industry experts how to get the shoots, land the assignments and garner repeat business."

PHOTO COURTESY DAVID COUTURE (RRC STUDENT)

To assist students in gaining valuable perspective from industry experts, RRC brings in a panel of industry professionals to grade and give feedback on each one (what's working, what needs improvement, and a general overview of how well the student has done).

"It's important for students to be able to do what their own instructors feel is great work, but it's equally, if not more, important for students to be able to do what's expected in industry and from other professionals," Fontaine says.

To begin to capture these images, students take part in field trips throughout the city and Interlake.

For more information about the Red River College professional photography program, visit rrc.ca/pho.

AWARD-WINNING INSTRUCTOR

Rodney Braun, instructor of the professional photography program, was recently named Manitoba's 2014 photographer of the year from Professional Photographers of Canada (PPOC).

The award was based on a sampling of four photos submitted to a panel of industry peers from across Canada.

Braun is a seasoned professional who also won this distinction in 2008 for commercial photography.

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LEVERAGING SKILLS TO MEET DEMAND

ROBERTSON COLLEGE BRIDGES THE GAP

The new logistics supply chain program at Robertson College aims to fill the void in the Canadian supply chain sector for properly trained and educated workers.

"This program started by the Winnipeg campus of Robertson College prepares the students for the challenges of a career in logistics and supply chain management while also equipping them with the flexibility necessary to work in a variety of different industries and to handle different situations at any given time," says Dr. Rajbir S Bhatti, PhD, supply chain management.

"It has been specially designed to prepare the students for a career in one of the many supply-chain management-related avenues open to the Canadian workforce today."

The program is ideal for high school graduates and also holds an equally high promise for people with some experience in logistics or related fields like warehouse operations, inventory management, distribution, retail management, dispatching, transportation, project management or purchasing.

PROGRAM UTILIZES INDUSTRY SUPPORT

The new logistics supply chain program is delivered in an in-class (full-time) format.

There is a special focus on industry supported practicum.

Students learn the theory of the fundamentals of logistics and supply chain management in a lecture setting, which uses videos, case studies, group discussions, assignments, and projects.

SHUTTERSTOCK

"This program builds on the student's previous education, and work experience, if applicable, and introduces all facets of supply chain management and logistics from a theoretical and practical perspective," Bhatti says.

Program participants are provided with a comprehensive understanding of the principles and techniques considered essential for employment in this sector and benefit from an integrated field placement opportunity upon completion of the course work.

To make it comprehensive, focus is placed on an industry supported practicum, in-class theory and ability to understand real-life scenarios and build solutions.

"Supply chain management and logistics are amongst the top sectors of the Canadian economy, involving about 820,000 workers from a wide range of occupations and industries," Bhatti says.

"The program serves to help create a bridge between the immense job demand and the skills of potential workforce."

For more, visit robertsoncollege.com.

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At Robertson College, we offer many career-focused programs that can be completed in as few as 6 months. Find the right path for you and get started today!

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ROBERTSON COLLEGE

U of Manitoba helps Aboriginals thrive

ENGAP program assists with entry into faculty of engineering

In Manitoba, the First Nation, Métis, and Inuit population is approaching 20 per cent, yet they are not represented in the profession of engineering to anywhere near those levels.

The engineering access program (ENGAP) offers Aboriginal students the opportunity to gain the necessary prerequisite courses needed to enter into the faculty of engineering at the University of Manitoba.

"ENGAP is a support program mandated to assist First Nation, Métis and Inuit students seeking an engineering degree at the University of Manitoba," says Randy Herrmann, P.Eng., director, ENGAP.

"We offer support in four broad areas — academic, social, personal and financial."

ENGAP offers several upgrading courses in physics, mathematics, chemistry, and computer science to those students who have not had an opportunity to successfully complete those courses in their high school.

These upgrading courses count as their required prerequisites to the university level courses they will be required to take to complete their engineering degree.

ENGAP is not a special degree — it simply offers extra support to Aboriginal students throughout their program in the faculty of engineering.

Herrmann says this program will assist Aboriginal students in balancing out the representation numbers of Aboriginals in the profession of engineering — especially since many large-scale engineering projects are taking place on or near Indigenous communities.

"Diversity is required in every industry and especially in engineering," Herrmann says. "Having a representative and diverse workforce will only help solve the myriad engineering problems we see in the world today."

There are only one or two programs of this type in Canada and Herrmann says ENGAP is the most successful and has the most history.

"We celebrate our 30th anniversary in 2015 and our 100th graduate."

For more information about this program, visit engap.com.

FINANCIAL AND HOUSING SUPPORT

ENGAP offers Aboriginal students academic support such as upgrading, class registration, and access to free tutoring.

There is a counsellor available to offer personal support, as well as resumé and job search advice.

Students may also receive help obtaining financial support, finding accommodations and daycare information.

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ENGINEERING ACCESS PROGRAM

Providing guidance to Aboriginal peoples pursuing a degree in Engineering

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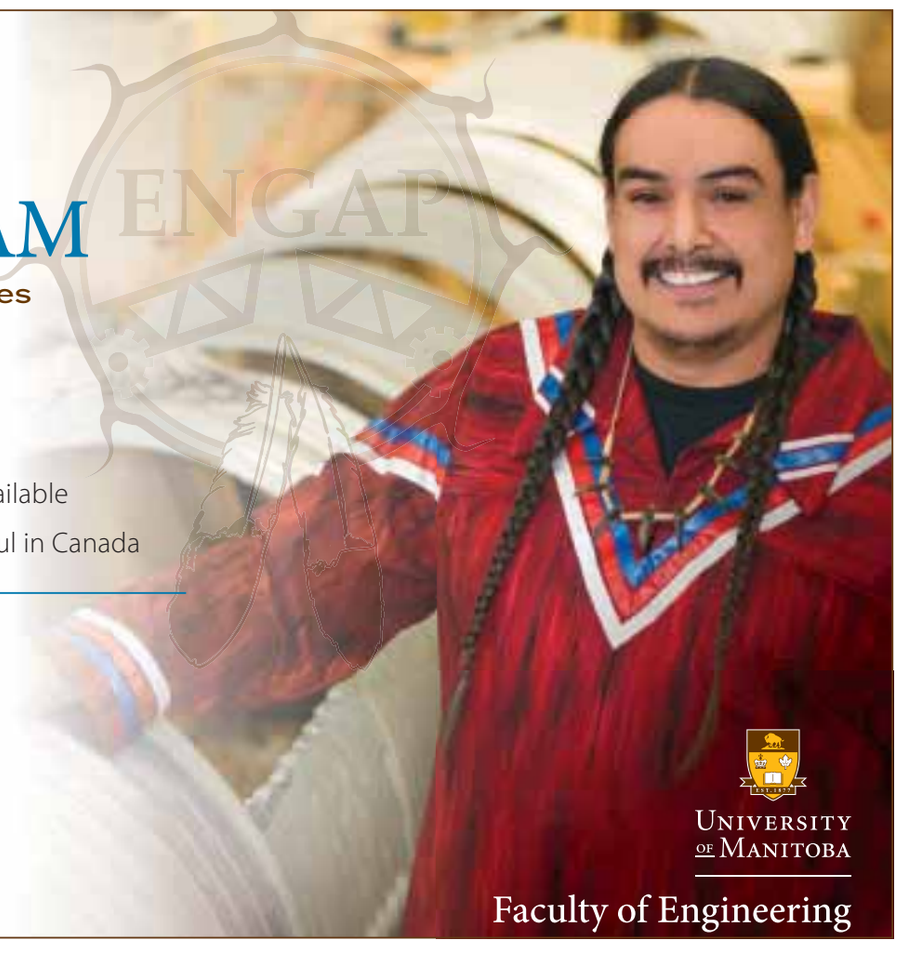

University of Manitoba
Faculty of Engineering

CONTRIBUTED

PACE leads to enriching career

For human resources professional Edward S. Mah, it was not the management of people, but the interaction with and the insight each person brought to the table that drew him to the human resources profession.

So after some research and a recommendation from a close friend, Mah landed at the University of Winnipeg's Professional, Applied and Continuing Education (PACE), where he completed his HR diploma.

"It seemed like a natural fit to help and network," says Mah, co-ordinator, volunteers and human resources administration at the Society for Manitobans with Disabilities (SMD).

For Mah, the full-time HR diploma that he completed within a year, was the perfect fit for his goals and schedule for employment opportunities.

With his past work experience and HR education from PACE, he has found a satisfying career in HR at SMD — a not-for-profit organization that is committed to fostering a community that supports the independence, participation, and empowerment of people of all abilities.

"Human resources is more than just the hiring and payroll aspect within an organization or business," Mah says. "The profession speaks to the heart and culture of a company, keeping a pulse on what is happening internally with employees and externally with trends and practices."

For more, visit pace.uwinnipegcourses.ca.

Langara puts Studio 58 students in the spotlight

If you have always dreamed of a career in theatre, welcome to the stage at Studio 58 at Langara College in Vancouver.

Studio 58 is a professional theatre training program and provides intensive training for actors and production personnel at an industry standard.

As one of Canada's top training programs offering a conservatory style, the emphasis is on practical training with technique classes during the day and productions at night (a sold-out run of Oklahoma is just finishing).

Students in both the three-year acting program and the two-year production program learn all aspects of theatre, says Sherri Sadler, a spokesperson for the program.

Production students take acting classes so they have a good understanding of what it means to be an actor.

Conversely, acting students spend time on production crews.

By the time students receive their diplomas, they have worked with professional directors and designers and are prepared for a diverse career in theatre, film, television, and related arts.

Celebrating its 50th anniversary next year, Studio 58 has a successful placement rate with more than 90 per cent of students having agents and contracts at graduation.

CONTRIBUTED

The application deadline for upcoming auditions is April 10.

Auditions are being held in Toronto, Ottawa, Edmonton, Winnipeg, and Vancouver.

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L to R – Sean Sonier, Warren Abbott, Erin Cassidy, Arash Ghorbani (seated), Markian Tarasiuk & John Cook.
ONE FLEW OVER THE CUCKOO'S NEST, directed by Partick McDonald. Photo by David Cooper.

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APPLICATION DEADLINE: April 10, 2015

Studio 58 Langara. THE COLLEGE OF HIGHER LEARNING.

HIGH DEMAND FOR MASSAGE THERAPISTS

WELLINGTON COLLEGE GRADS BOAST 95% EMPLOYMENT RATE

It's a great time to become a massage therapist.

"The demand for massage therapists is greater than the supply, and many businesses are looking specifically for graduates of Wellington College because of the reputation that precedes them," says Brie Timings, associate director, Wellington College.

"Employers in the massage therapy field know that Wellington graduates possess a fantastic knowledge of assessment and treatment and are leaders in the field."

Timings says the demand is high for massage therapists who possess a 2,200-hour diploma.

"I regularly get calls from employers looking for therapists to fill their clinic, and the truth is, that the demand is so high there is often not enough trained massage therapists to fill the need," Timings says.

"For example, there are 61 job postings on our website from employers looking for one or more therapists to fill positions now."

And she says those are only from within the last two months.

CONTRIBUTED

"It is also important to note that those employers are looking for therapists that possess a 2,200-hour diploma, because many, if not the majority, of their clients are coming through insurance benefits and it is only those therapists with the 2,200-hour diploma that are eligible for reimbursement," Timings says.

Wellington College's massage therapist diploma goes beyond that requirement, with 2,550 hours of education.

And Wellington College graduates boast a 95 per cent employment rate within three months of graduation.

3-YEAR, DISTANCE EDUCATION OFFERED

Wellington College offers a two-year, full-time remedial massage therapy program, as well as a three-year, distance education version of the same program.

Wellington College holds monthly information sessions on the last Sunday of every month.

Prospective students may also schedule a personal tour of the college, or request an information package that will be delivered to their home.

Students are required to complete a three-week practicum at a clinic of their choice in the month before graduation.

"After spending this time job shadowing and getting valuable experience, many of them are hired on at their practicum clinics," Timings says.

"Better yet, some students own their own practice right out of graduation or find an even better fit for their passion in massage therapy."

For more information about Wellington College, visit wellingtoncollege.com.

SHUTTERSTOCK

Students, employees benefit from tax rebate

It pays to stay in Manitoba.

The tuition fee income tax rebate allows Manitobans to save up to $25,000 on their income tax.

The Manitoba tuition fee income tax rebate helps post-secondary graduates pay for their education while they live and work in Manitoba by providing a 60 per cent income tax rebate on their eligible tuition fees.

LIVE HERE, SAVE HERE

Students who graduate with a degree, diploma or certificate from a post-secondary institution recognized by the Canada Revenue Agency on or after Jan. 1, 2007, and now work and pay taxes in Manitoba can benefit from the Manitoba tuition fee income tax rebate.

It doesn't matter if their post-secondary training took place in Manitoba or elsewhere.

HOW IT WORKS

Graduates are entitled to receive a 60 per cent income tax rebate on their eligible tuition fees up to a maximum benefit of $25,000.

Here are some examples of what this rebate could mean:

Sample tuition fees, then with a 60 per cent rebate: $40,000 ($24,000); $25,000 ($15,000); $5,000 ($3,000).

Provided they are living in Manitoba, post-secondary students can even apply for the rebate while they are going to school. They can claim a rebate advance in the form of a refundable five per cent tax credit on their tuition and ancillary fees.

SHUTTERSTOCK

ASSISTANCE OFFICE HERE TO HELP

To find out more about how Manitoba's tuition fee income tax rebate can help students and graduates put money in their pockets as they put down roots in Manitoba, call the Manitoba tax assistance office at 204-948-2115 or toll-free 1-800-782-0771.

MAKE YOUR CLAIM ON YOUR INCOME TAX RETURN

Graduates can claim their tuition fee income tax rebate on their personal tax returns by completing the T1005 – Manitoba's graduate's tuition fee income tax rebate form. Post-secondary students may apply for the rebate advance by completing the MB479 – Manitoba credits.

Thanks to the Manitoba Tuition Fee

Income Tax Rebate...

It pays to stay in Manitoba.

For information about saving up to $25,000 on your Manitoba income tax, visit manitoba.ca/tuition

Staying close to friends and family. Owning your own home at a price you can afford. A tax rebate that allows you to save up to $25,000 on your Manitoba income tax. There is no better time to build your future here at home.

Find out how you can receive a tax rebate for up to 60% of your tuition, as much as $2,500 a year. That extra cash will go a long way to paying back your student loans, saving for a house, or maybe even starting a family.

To claim your savings, simply complete the T1005 form when you file your Manitoba income tax.
STEADY GROWTH
GOOD JOBS
Manitoba

Learning to play the Wesmen way

Every summer, for more than 40 years, hundreds of children and teens from across the city descend upon the University of Winnipeg for the annual Wesmen Summer Sport Camps.

The summer programs offer a variety of basketball, volleyball, soccer, wrestling, and multi-sport sessions. The camps are designed and geared for children and youths ranging from grades 1-12. The camps provide top-notch instruction by members of the Wesmen coaching staff, Manitoba high school coaches, alumni and present day elite Wesmen student athletes.

Fun and skill development are delivered in an equal mix throughout each session. All campers receive a Wesmen camp shirt, a basketball, volleyball or soccer ball, and a family ticket to attend a Wesmen regular-season home game.

"Our Wesmen summer camps have grown and adapted to provide an even better experience than they have in the past," says University of Winnipeg athletic director Doran Reid. "We have worked hard at making sure that the youth who attend our camps not only learn about their sport of choice, but they also do it in a way that is fun and respectful. I encourage all parents and youth to look at our lineup of camp sessions — you are sure to find one that is suited to your level and schedule."

There will be a new and exciting location this summer for the Wesmen soccer and wrestling camps.

All soccer sessions will be held indoors in the new University of Winnipeg Health and RecPlex, located on campus in the heart of downtown. This state-of-the-art facility will accommodate all soccer campers comfortably in a climate-controlled environment.

The wrestling summer camp sessions will also take place inside the new complex in the community gym on the second level. The gym is used as the official training facility of the Wesmen wrestling program. It will provide a spacious and comfortable environment for all wrestling participants.

The 2015 University of Winnipeg Wesmen Summer Sport Camps will be held during July and August. To register, or for more information, visit wesmen.ca or call 204-786-9418.

CONTRIBUTED PHOTOS

UNIVERSITY OF WINNIPEG
WESMEN
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SPORT CAMPS
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MLB

Mets lose pitcher Wheeler to torn elbow ligament

Mets pitcher Zack Wheeler has a torn elbow ligament, a blow to a team hoping to compete for the playoffs following Matt Harvey's return from Tommy John surgery.

Mets general manager Sandy Alderson said Wheeler has a complete tear, all but guaranteeing the 24-year-old right-hander will need elbow-replacement surgery and miss the 2015 season.

THE ASSOCIATED PRESS

Tennis

Murray survives three-set scorcher

Andy Murray outlasted Philipp Kohlschreiber 6-1, 3-6, 6-1 in a nearly two-hour baseline slugfest under a hot sun at the BNP Paribas Open on Monday.

Murray earned the only two breaks of the third set and closed out the win when Kohlschreiber's forehand went wide, one of 35 unforced errors by the German. THE ASSOCIATED PRESS

NFL

Tebow auditions for Eagles

Tim Tebow worked out Monday for the Philadelphia Eagles, a person familiar with the session tells The Associated Press.

The person spoke on condition of anonymity because the workout was not made public.

Tebow has not been on an NFL team since the 2012 season. THE ASSOCIATED PRESS

Byfuglien could add bite vs. Sharks

NHL. Jets all-star hasn't played since March 4 due to an upper-body injury

The Jets' Dustin Byfuglien hammers the Senators' Mark Borowiecki at the MTS Centre on March 4. Byfuglien hasn't played since but could return in Tuesday night's game against the Sharks. MARIANNE HELM/GETTY IMAGES

Dustin Byfuglien was glad to see his Jets teammates up close and personal instead of on a TV screen.

The all-star defenceman missed the NHL club's recent four-game road trip, but he practised Monday and might play when Winnipeg begins a three-game homestand against the San Jose Sharks on Tuesday.

"It's nice to come back and see the boys," Byfuglien said. "Kind of miss them.

"Got a little lonely, little boring around here without them."

He said he's approaching a return day-by-day, but felt practice went "all right."

Byfuglien last played March 4, when he exited the team's 3-1 loss to Ottawa with an upper-body injury. Initial reports were he could be out two to four weeks.

"He's a little ahead of where we had thought he might fall," coach Paul Maurice said, adding it's a "possibility" Byfuglien will play against the Sharks.

It was a day of good and bad injury news for the Jets (34-23-12), who held the final Western Conference wild-card spot by one point over Los Angeles entering Monday's games. The Kings hosted Arizona on Monday night.

Defenceman Tyler Myers also practised after being injured in Winnipeg's 4-2 loss to Florida last Thursday. He missed Saturday's 2-1 win over Tampa Bay, but claimed he is ready to go against San Jose.

"It turned out to be what we had hoped and shouldn't be an issue," said Myers, who was acquired in a trade with Buffalo last month.

That wasn't the case for blue-liner Paul Postma, whom Maurice said suffered a "significant" lower-body injury against Tampa and is out weeks, not days.

It was a blow to Postma, who had been a healthy scratch for 27 straight games and then played a solid 23 minutes in the win over the Lightning.

Maurice said the injury happened in the second period and Postma played through it in his 100th NHL career game.

"It's one of those things that you see the next day comes back," Maurice said. "You think you might be all right after, but we appreciate the bite that it took for him to get through that game because it wasn't easy for him."

The Jets have one regulation loss in their past eight games (4-1-3) at home.

THE CANADIAN PRESS

No hope for early returns

A trio of injured Jets skated on separate ice Monday, but Maurice said centre Bryan Little, centre Mathieu Perreault and defenceman Ben Chiarot aren't coming back early. Perreault and Chiarot aren't set to return until April.

Team Jones tied for 1st after 'fun day' in Japan

Jennifer Jones' Canada rink face Aileen Sormunen of the U.S. (0-5) and Denmark's Lene Nielsen (0-5) on Tuesday in Sapporo, Japan. RYOSUKE UEMATSU/ KYODO NEWS/THE ASSOCIATED PRESS

Canada's Jennifer Jones earned two victories Monday to move into a first-place tie at the women's world curling championship in Sapporo, Japan.

The Winnipeg skip topped China's Sijia Liu 7-1 in the morning draw and then held off Russia's Anna Sidorova 7-5.

"I was happy with how we played — we finally had two games back to back where we played well and made some big shots and some big draws," Jones said. "It was a big win so we're happy."

Jones and her team of third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen were tied with Russia, Japan and Switzerland at 4-1.

In the late game, Canada went ahead to stay in the seventh end when Lawes made an in-turn draw behind cover that the Russians couldn't remove. That allowed Jones to make an open hit for two for a 6-3 lead.

Russia would pull within one with a pair in the ninth. But two perfect ticks from McEwen started the 10th end and Jones finished it with a draw to the button for the win.

"That was a fun day, it felt good," said McEwen. "We picked it up after our loss to Sweden (on Sunday) and it feels like things are starting to fall into place. We made some shots and Jen made a pistol there for the win, so that felt great." THE CANADIAN PRESS

Canada's world drought

A Canadian team hasn't won gold at this event since Jones did so in 2008.

4 SPORTS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If there is something you need to get finished, get on with it. When the Sun moves into your sign Friday there will be so many new things to focus on you won't have time.

♉ Taurus
April 21 - May 21
Don't get annoyed if people get on your nerves. The problem is you, and the closer you get to Friday's eclipse the more sensitive you will be.

♊ Gemini
May 22 - June 21
You usually manage to get what you want. The only problem is you may be so heavy-handed that even your friends will get annoyed. Think before you speak or act.

♋ Cancer
June 22 - July 23
You will have no trouble asserting yourself but with Venus, planet of harmony, moving into the friendship area of your chart why not charm your way to success?

♌ Leo
July 24 - Aug. 23
Do something dynamic over the next 24 hours. This is also a good time to take a vacation — so long as it's the kind where you are active.

♍ Virgo
Aug. 24 - Sept. 23
You will find it easier to talk to colleagues without some kind of fight breaking out now Venus is moving into a more positive area of your chart.

♎ Libra
Sept. 24 - Oct. 23
How you react to people will determine how well you do financially and career-wise over the next few months. Go out of your way to find solutions to existing problems.

♏ Scorpio
Oct. 24 - Nov. 22
Something you have been working on is no longer worth the effort, so let it go. Later this week a change of pace will be necessary. Slow down!

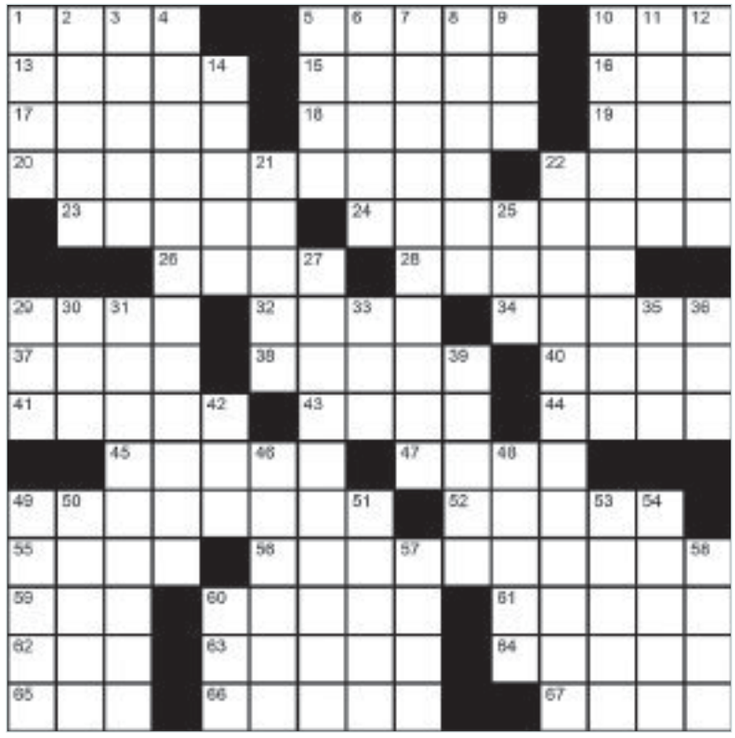
♐ Sagittarius
Nov. 23 - Dec. 21
Start something new today. When the Sun changes signs at the end of the week you will find it suddenly takes off — and your reputation will take off with it.

♑ Capricorn
Dec. 22 - Jan. 20
If someone says something that annoys you today you must let them know you are not amused. Nip it in the bud.

♒ Aquarius
Jan. 21 - Feb. 19
You have been unusually quiet of late but when the Sun changes signs on the 20th you will find your voice again.

♓ Pisces
Feb. 20 - March 20
Put financial considerations first today, especially if you are the kind of Pisces who usually does not have a clue how much is coming in and how much is going out. Cut back on now or suffer later on.

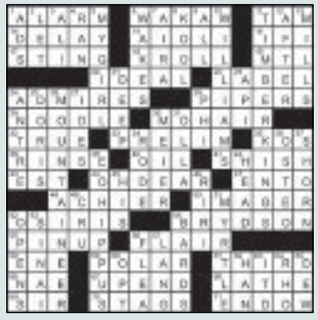
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Clutch
5. Style of dance
10. Peak of Crete, Mount __
13. Soap star Ms. Sofer's
15. It's the 'Fountain' of "Three Coins in the Fountain" (1954)
16. Fam. member
17. "Oooh, go jump in __!"
18. Encourages
19. "Monsters, __." (2001)
20. Meal preparation item: 2 wds.
22. Mount of Greece
23. Prefix to 'metre'
24. Manitoba community northwest of Winnipeg
26. Audacity
28. Respond
29. Frolic
32. Condition
34. "The __ Birds" ('80s miniseries)
37. "Bye!"
38. Keanu Reeves movie
40. Countryside creatures
41. Carpenters hit: "For __ __ Know"
43. Rock band, __ Earth
44. Miss White
45. Construe
47. Jazz singing style
49. AABBA pattern, fitting for March 17th
52. Tapestry wall-hanging
55. 'Origin' suffix
56. The __ (Traditional band of Eire)
59. __ mask (Spa offering)
60. Ms. Rimes
61. Worried
62. Prior
63. Goody-goody
64. Irritating individual
65. '75-premiering NBC show
66. Sub instrument
67. Nastassja Kinski title role

Down
1. 1. 'Tele' suffix
2. "The Beachcombers" role
3. Have __ __ to grind
4. Product by since 1897 Canadian food community, a place perfect for St. Paddy!
11. Crowded
12. Rio Tinto __ (Montreal-based aluminum company)
14. Austrian actress Ms. Berger
21. Golden coatings
22. Theatrical stage area for musicians: 2 wds.
25. Consume
27. 1993 Jennifer Aniston movie with the tagline 'Your luck just ran out.'
29. Elvis record label
30. Well driller's exclamation!
31. GQ Magazine poser: 2 wds.
33. Actor Stephen
35. Speedwagon's lead-in
36. Australian state [acronym]
39. Morning drink selection
42. Eire's locale, for short
46. Roman orator
48. Conductor Mr. Rodzinski
49. Illuminators
50. "Where do _ __?" (Direction-needer's query)
51. Sorta
53. Supermarket lane
54. Daggers
57. Power [abbr.]
58. Li'l water channels
60. 33.3 rpm-ers
5. Ticket tidbit
6. Archer's need
7. Dancer's rehearsal wear: 2 wds.
8. Slender
9. Three-toed sloths
10. New Brunswick brand Magic: 2 wds.

Yesterday's Crossword

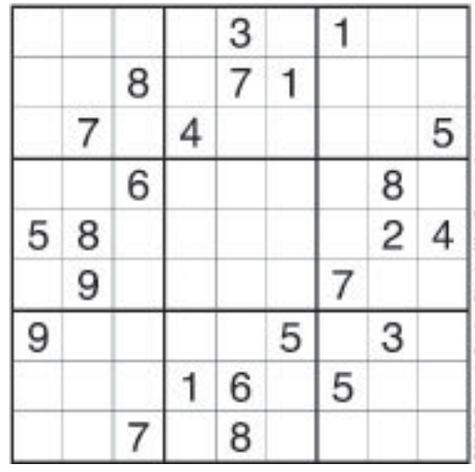


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

1	9	4	5	3	2	8	6	7
2	3	8	7	6	1	9	4	5
6	7	5	9	8	4	3	1	2
7	2	3	6	5	8	4	9	1
8	6	1	4	7	9	5	2	3
4	5	9	1	2	3	6	7	8
9	1	2	3	4	5	7	8	6
5	8	7	2	9	6	1	3	4
3	4	6	8	1	7	2	5	9

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metro

‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

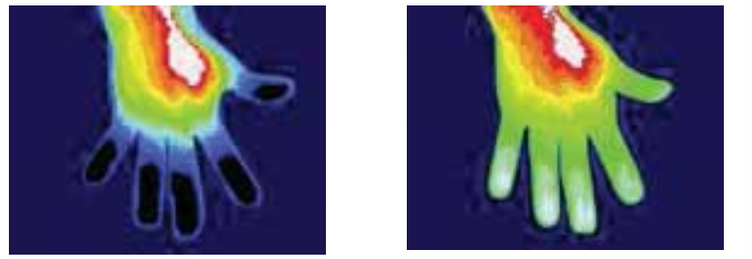
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

Hedley Enterprises Ltd.

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HAPPY ST. PATRICK'S DAY!